

**Parent or
carer**



**You can text a
school nurse on**

07520 631 130

We can help with all kinds of things like.....

**EMOTIONAL HEALTH & WELLBEING
KEEPING HEALTHY / BEDWETTING
SLEEP / BULLYING / KEEPING SAFE
GROWING UP / DENTAL HEALTH
SUPPORT WITH MEDICAL
CONDITIONS IN SCHOOL**

Text us for confidential advice & support

We might inform someone if we are concerned about the safety of you, your child or someone else but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm Monday to Friday (excluding bank holidays). If you need help before you hear back from us, contact your GP, nearest walk-in centre or dial 111. If it is an emergency call 999 or go to the Emergency Department (A&E). Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.